**Nine Ways of Deepening Daily Life Practice**

**Donald Rothberg (Discussed in June 25, 2025 Talk)**

1. Ground in formal meditation every day.
2. Apply core meditative practices in daily life.
3. Cultivate heart practices like lovingkindness or compassion every day.
4. Ground in the body.
5. Work with a teaching, such as the Four Foundations of Mindfulness, Four Noble Truths, the Seven Factors of Awakening, or the Three Characteristics.
6. Practice with challenges: “Turn all obstacles into the path of practice.”
7. Ground in and work with the ethical precepts.
8. Do periodic trainings, such as through daylong and longer retreats; see these as times of training.
9. Find support from others, through community, small groups, connections with fellow practitioners, and mentors.